



SPRING 2015 SPECIALTY CLASSES

REGISTRATION OPENS MARCH 16, 2015



Spring Classes Begin April 13, 2015

Registration Ends April 6, 2015

Classes End May 23, 2015

(Classes Meet Six Times)

Members: \$60 | Non-Members: \$72

(Unless Otherwise Noted)

TRX SUSPENSION TRAINING

TRX is a suspension type of training that uses your own body weight and gravity to build strength, balance, coordination, flexibility and core and joint stability. By using your own body weight and gravity you are able to adjust to your own personal fitness level by walking yourself closer or further away from the anchoring point.

Tuesdays 9:00 am with Beth C.
Thursdays 9:30 am with Beth C.
Fridays 5:30 am with Beth H.

AQUA BOOTCAMP

Like Outdoor Bootcamp... only in the water!! You will work on aerobic and strength improvement through shallow water, deep water and moving water.

Tuesdays 9:00 am with Monica

FLOW YOGA IN THE WATER

Come explore a new environment for practicing yoga – one that ASSISTS, RESISTS and SUPPORTS your own movements. Because of the unique properties of water, people of all fitness levels can safely enjoy and benefit from yoga in the water!

Tuesdays 7:30 pm with Monica
Thursdays 9:00 am with Monica

FUNCTIONAL CORE TRAINING

Looking for a class to strengthen your core? Tired of sit ups and crunches? Try this class focusing not only on the abdominal wall but all of the muscles that support the back, spine and pelvic muscles. Learn to activate all movement from your core in efforts to improve posture, athletic performance and prevent injuries. Class will focus mainly on body weight exercises, but can also use weights, balls & bands.

Thursdays 5:30 pm with Kelli

VINYASA YOGA

This class consists of flow asanas (poses) followed by relaxation. It is structured to accommodate a variety of participants and can be as challenging as each participant desires. The class will also focus on meditation and relaxation.

Saturdays 11:00 am - 12:30 pm
with Monica
Cost: Member \$90
Non-Member \$108